

What is claimed is:

1. A patient activated temperature-controlled surface comprising a floor, a temperature source capable of supplying either heat or cold, or both, to said floor, and an actuator element that is capable of controlling the flow of an electrical current to said temperature source for turning on and off said temperature source, wherein said actuator element is activated and deactivated by the presence or absence of the weight of the patient.
2. The patient activated temperature-controlled surface of Claim 1 wherein said actuator element is capable of allowing or preventing the flow of said electrical current to said temperature source.
3. The patient activated temperature-controlled surface of Claim 1 wherein said actuator element is connected to a power source.
4. The patient activated temperature-controlled surface of Claim 1 wherein said temperature source is located in juxtaposition to said floor, and wherein said floor allows said heat or cold to pass from said temperature source through said floor, and wherein said actuator element is located in juxtaposition to said floor.
5. The patient activated temperature-controlled surface of Claim 1 including wherein said actuator element provides an electrical bias.
6. The patient activated temperature-controlled surface of Claim 1 wherein said actuator element is a transistor.
7. The patient activated temperature-controlled surface of Claim 1 wherein said actuator element is a pressure-sensitive switch.
8. The patient activated temperature-controlled surface of Claim 7 wherein said switch is a momentary switch.
9. The patient activated temperature-controlled surface of Claim 4 wherein said temperature source is located beneath said floor.
10. The patient activated temperature-controlled surface of Claim 1 wherein said floor is a bed for accommodating the resting of said patient.
11. The patient activated temperature-controlled surface of Claim 10 wherein said bed is surrounded by at least one wall.
12. The patient activated temperature-controlled surface of Claim 11 including wherein said wall has at least one opening that allows for the ingress and egress of the patient in and out of said bed.

13. The patient activated temperature-controlled surface of Claim 1 including wherein said temperature source includes an adjustable thermostat.
14. An animal bed comprising a floor, a temperature source capable of supplying either heat or cold or both to said floor, and an actuator element that is capable of controlling the flow of an electrical current to said temperature source for turning on and off said temperature source, wherein said actuator element is activated and deactivated by the presence or absence of the weight of the animal on the bed.
15. A method of providing comfort to a patient comprising:
 - providing to a patient an activated temperature-controlled surface wherein said surface has a floor, a temperature source capable of supplying either heat or cold to said floor and an actuator element that is capable of turning on and off said temperature source, wherein said actuator element is activated and deactivated by the presence or absence of the weight of the patient; and
 - allowing a patient to contact said patient's body with said floor of said surface for supplying weight upon said floor and for activating said actuator element and turning on said temperature source for supplying heat or cold to said patient's body.
16. The method of Claim 15 including removing the patient's body from said floor of said surface for allowing said actuator element to deactivate and turning off said temperature source.
17. The method of Claim 15 including wherein said floor is a bed for accommodating the resting of the patient.
18. The method of Claim 17 including wherein said bed is surrounded by at least one wall.
19. The method of Claim 18 including wherein said wall has at least one opening that allows for the ingress and egress of the patient in and out of said bed.
20. The method of Claim 15 including providing said temperature source with an adjustable thermostat.